

Bean and Rice Burrito

Makes: 6 Servings

Seasoned rice and kidney beans with Monterey jack and cheddar cheeses, rolled up in a flour tortilla and served warm and melty.

Ingredients

- 1 cup** Brown rice, raw
- 1 teaspoon** olive oil
- 1/2 cup** onion, diced
- 2 teaspoons** garlic, minced
- 1/2 cup** tomatoes, crushed
- 1 teaspoon** chili powder
- 1/2 teaspoon** cumin
- 1 1/2 cups** kidney beans, cooked
- 1 cup** Cheese, shredded jack and cheddar
- 1 1/5 cups** Scallions, sliced
- 6** Whole grain tortilla (8 in)

Directions

1. Cook rice in advance.
2. Heat olive oil in pot, add diced onions and saute until transparent.
3. Add garlic and spices and saute until they release their aroma, then add the rice and saute until it is coated with the oil and spices.
4. Add crushed tomatoes and water and bring up to a simmer. Cover and cook for 35 to 45 minutes or until rice is tender.
5. Cool completely (for large batch production, this can be done in a tilt skillet).
6. In a large bowl, mix the seasoned rice, kidney beans, shredded cheeses and sliced scallions.
7. Divide equally between the six tortillas. Place mixture in center of tortilla, fold in sides and roll up



placing the seam side down on a parchment lined
baking pan.

8. Bake at 350° until internal temperature reaches 165
degrees.
9. Slice in half to serve.